



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN
YMCA**
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FOR IMMEDIATE RELEASE

**North Suburban YMCA Announces a Variety of
Free Education Programs in March**

Monthly programs are virtual and available to all.

Northbrook, IL; February 2021 – The North Suburban YMCA’s popular YMCA Education Series offers a variety of new monthly virtual programming on topics related to physical, emotional and financial health. Highlights of its March offerings are “Hearing Aids and the Pandemic,” cohosted with Northwestern University Center for Audiology, Speech, Language and Learning (NUCASLL) on March 2 and 11; and “Interventional Pain Management” with Illinois Bone & Joint Institute’s Dr. Adam Young on March 31. All programming is free and open to the public.

“We recently changed our name from the Adult Education Series (AES) to the YMCA Education Series (Y.E.S.), to reflect our inclusive commitment to our community. The variety of new programming choices demonstrate the Y’s core values of social responsibility, healthy living, and youth development,” commented North Suburban YMCA’s Adult Program Coordinator Karen Brownlee.

The YMCA Education Series also holds regular weekly programs including the Caregiver Support Group, Brain Games, and the Social Club, provided in part by a recent grant from the Northbrook Women’s Club. Anyone interested in being a presenter can contact Kim Nyren, Director of Community Investment at knyren@nsymca.org. To register for a Y.E.S. program, contact Karen Brownlee at kbrownlee@nsymca.org, or visit www.nsymca.org.

North Suburban YMCA March Education Series Schedule:

Hearing Aids and the Pandemic

Tuesday, March 2nd at 11:00 a.m. and Thursday, March 11th at 12:30 p.m.

This virtual hearing aid seminar is co-hosted by North Suburban YMCA and Northwestern University Center for Audiology, Speech, Language and Learning (NUCASLL). Audiology Doctoral Students and Dr. Elizabeth T. Meyer from NUCASLL will share useful information to enhance hearing aid performance for hearing aid users. Free and open to the public. Registration required - email kbrownlee@nsymca.org.

Proactive Planning When Living with a Chronic Medical Condition

Wednesday, March 3rd at 9:15 a.m.

Elder Law Attorney Matt Margolis will teach you about the importance of planning ahead when you or a loved one has a chronic medical condition. Free and open to the public. Registration required for this virtual program - email kbrownlee@nsymca.org.

The Sandwich Generation Hero

Thursday, March 4th at 7:00 p.m.

Ifaat Bosse will discuss the resources the Sandwich Generation can lean on when they are assisting parents, supporting children, working full or part-time and spending a significant amount of time managing everyone's day-to-day personal finances. Free and open to the public. Registration required - email kbrownlee@nsymca.org.

Effective Communication Strategies When Dealing with Dementia

Tuesday, March 9th at 12:00 p.m.

As people with Alzheimer's Disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. The Alzheimer's Association is partnering with the North Suburban YMCA's Education Series to bring you this virtual presentation and discussion. Free and open to the public. Register in advance by calling 847-499-2549.

The Power of Green: Going Green Nutritionally

Wednesday, March 10th at 12:00 p.m.

Precision Nutrition Certified Nutrition Coach Anna Harris will share helpful insights and strategies. Learn how vegetables and fruit can improve your health and how to eat with the environment in mind. Free and open to the public. Register by emailing Karen Brownlee at kbrownlee@nsymca.org.

Monthly Meditation Practice

Tuesday, March 16th at 11:15 a.m.

The third in a six-part series of guided meditation with Dr. Paul Nevin, a Doctor of Clinical Psychology and a Wellness Coach trained at the Mayo Clinic. Free and open to the public. Register by emailing Karen Brownlee at kbrownlee@nsymca.org.

Five Things Every Woman Should Know About Finance

Thursday, March 18th at 11:00 a.m.

Learn important steps that women can take to build wealth in this virtual program. All attendees are eligible for a complementary one-hour consultation with the instructor Wei Zhang. Free and open to the public. Register by emailing Karen Brownlee at kbrownlee@nsymca.org.

Low Back Pain and Sciatica

Thursday, March 25th, 12:00 p.m.

Licensed Physical Therapist Denise Schwartz will discuss the three main causes of lower back pain and how to heal naturally. Free and open to the public. Register by emailing Karen Brownlee at kbrownlee@nsymca.org.

Interventional Pain Management

Wednesday, March 31st at 7:00 p.m.

Chronic and acute pain can turn anyone's world upside down. Activities that were once enjoyable may be impossible due to intense pain. Illinois Bone and Joint Institute's Adam Young, MD will explain how the option of interventional pain management can take the place of unsuccessful treatment methods. Free and open to the public. Registration required. To register for this virtual presentation, go to <https://www.ibji.com/virtual-events/>

For more information about the North Suburban YMCA, visit www.nsymca.org.

About the [North Suburban YMCA](#)

The North Suburban YMCA services Northbrook and 14 surrounding communities with programs and tools that help its residents become healthier, more connected, and confident, ensuring that everyone, regardless of age, income, or background, has the opportunity to learn, grow, and thrive. The NSYMCA focuses on Youth Development, Healthy Living, and Social Responsibility and is a charitable organization, inclusive and welcoming to all in our community. Learn more at NSYMCA.org.



YMCA
EDUCATION
SERIES
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PHOTO CAPTION: The North Suburban YMCA's free monthly virtual programs include topics on physical, emotional and financial health.